

## Sample Autobiographical Poem

### **A Body Full of Music**

Theresa Vilcapoma

A body full of music

As a girl, always moving  
After dinner twirls and spins  
Dancing to my secret song  
Walking, shopping at the store  
Singing, whistling with each tune  
Tip-tapping hands, fingers, feet  
Along to each, every beat

A body full of music

Put fingers, hands, mouth to work  
Blowing air, pushing keys on  
A new alto saxophone  
Deep, full belly breath - release -  
To hit all of the high notes  
Sticks in hand hit cymbals, snare  
Keep the beat while guitars blare

A body full of music

It's everywhere